ecollegian



vol.118 No.9

Tomorrow: High: 88°F Low: 70 °F



Doctoral dollars 5 graduate students received \$15,000 scholarships.

Yes for yoga Morning class at the Rec proves to be worth the early rise.

Sound off 3 sportswriters give insight on football, baseball and more.

Despite property damage, Varsity Donuts expanding

With new patio area, Aggieville donut shop owners now extending service to 3 a.m.: employees 'stoked'

Austin Nichols

Visitors to Aggieville may have noticed a change in the appearance of Varsity Donuts this week. A large piece of wood now covers the front window, broken on the first Friday night of the semester.

Leah Hyman, co-owner of Varsity Donuts, said she got a call early Saturday morning from the police department, explaining that their window had been knocked out.

"I got a text message at like 3 in the morning it happened saying, 'Hey watch out, there is broken glass because the window got knocked into," said Anna Dalrymple, sophomore in elementary education and employee of Varsity

According to Hyman, the police did not see who or what caused the incident, and Hyman said that this kind of thing happens all the time. She also said there really is not a cause for concern.

"It's just Aggieville," Hyman said. "It's part of what goes into having a business down here. We love this location and wouldn't want to be anywhere else. Broken windows just happen."

Hyman said there was a clean break in the window, with a section in the middle that looked like it had just fallen out. There was no



Evert Nelson | Collegian

Wood now covers one of the windows at Varsity Donuts in Aggieville Wednesday afternoon. Last Friday night, the glass was shattered while the store

reported theft and the police were quick to the scene.

Dalrymple said she, along with everyone else working at the shop, was told to let the custom-

ers know of the incident and to be careful in that area of the store.

"It was great that they [police] were near by and they called us right away," Hyman said. "We did what we could."

Hyman said they will have a new window up by this Friday, in time for the first home football game, one of the shop's biggest

revenue days of the year. "People love donuts and football," Hyman said.

DONUT | pg. 8

Team sports have personal impact | News around



Members of the Phi Mu Alpha Sinfonia fraternity play Ultimate Frisbee outside Anderson Hall on Tuesday afternoon. The little-known fraternity is for those who are involved in music but not all members have to be major in music at K-State, said Ross Jensby, junior in political science.

Sydney Pugh

Playing a sport that involves a team decreases a teen's chance of being overweight or obese, according to a July 16 study conducted by Dartmouth Col-

The study shows that if teens played more than three team sports, they were 27 percent less likely to be overweight and 39 percent less likely to be obese, showing more of an effect on weight gain than walking or biking to school on a daily bases. However, the study also predicted that if all adolescents were to walk or bike to school four to five times a week, the occurrence of obesity would go down by 22 percent.

Researchers said team sports make more of an impact on teens because of the strenuous activity and consistency.

> "You learn not to be selfish."

> > Kelly Moylan assistant coach, women's basketball team

Being on a team forces athletes to push themselves harder each practice and each game to ensure that they will even get to play.

"Team sports help individuals build communication and confidence," said Molly Mills, sophomore in life sciences. "When you have a team you rely on, you work harder. When you let yourself down, you let your team down.

Team sports benefit players for reasons other than physical conditioning. Playing with a team can also help players set a higher standard and to push and motivate each other.

You have to rely on others, believe in others, trust others, be there for others, and work for others if you want to

TEAM | pg. 7

the world

Darrington Clark managing editor

New Orleans, La. endures worst of Hurricane Isaac, national gas prices rise

The mayor of New Orleans, Mitch Landrieu, said the worst of Hurricane Isaac is over, according to a Wednes-day report published by CNN. Gas prices nationwide have risen by an average of 5 cents.

The storm forced Louisiana into a curfew that will not end until 6 a.m. today, and left more than 817,000 people in five states without power.

The safety of the drinking water has been questioned, due to the storm's effect on New Orleans's sewage system, but Landrieu ensures that the water is clean and safe. The city has also increased security in order to cut looting.

Federal Aviation Administration to review ban on electronic device use

According to a Tuesday report by the New York Times, the Federal Aviation Administration has initiated a review of their policies concerning the use of electronic devices on planes.

The rules currently in effect require passengers to turn off all electronic devices and keep them off within 10,000 feet of the ground. Due to delays or other inconveniences, this may necessitate phones to be off for hours during their trip.

The rules were originally put in place because of the interferences phone signals can have with grounded networks. The FAA is now reviewing the policies to see if current cell

phone use will or will not interrupt frequencies in plane cockpits. The FAA will not consider lifting the policy against using phones during

FDA approves once-a-day pill to treat HIV

On Monday, the Food and Drug Administration approved a new pill designed to treat HIV infection that only needs to be taken once per day, according to an article published by US News Health on Wednesday. The drug combines four different medi-

cines into one pill. Two of the four drugs included in the pill, called Stribild, are completely new. Trial results of the pill ended positively: 90 percent of subjects found HIV traces in their blood to be nearly undetect-

More tests are being run to confirm the safety of the drug to women and children.

Wednesday marked start of 2012 London Paralympics

The 2012 Paralympics began in London on Wednesday, giving host to the largest number of competitors and competing countries ever, according to a report by CNN.

This summer's games hold an important historical meaning as the Paralympics originated 64 years ago in London. The 2012 games also break records in attendance, with 2.3 million tickets sold and more than 11 billion people watching coverage of the events on television. The United States team includes 227 members, 20 of whom are military veterans or active duty service members.

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26 Two, in Tijuana 28 Sulked 32 First course, maybe 34 "Golden Girl" Arthui 36 Volcanic flow

Yesterday's answer 8-30

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For the Win | By Parker Wilhelm



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Austin Nichols

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LETTERS TO THE EDITOR

The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published.

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

There was an error in the Aug. 29 issue. The front page article featuring the College of Agriculture watermelon feed was written by Meg Drake, not Emily Henderson. The Collegian regrets the error.

If you see something that should be corrected or clarified, please call our managing editor Darrington Clark, at 785-532-6556, or email him at news@kstatecollegian.com.



All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit nws.noaa.gov.

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CRYPTOOUIP 8-30

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IYTD? TVGCOEDO' GCOEDO. Yesterday's Cryptoquip: THAT UNKIND KITTY SIMPLY WĬLL NỐT ALLÔW ANYONE TO STROKE HIM. I'D SAY HE'S REALLY IM-PET-UOUS. Today's Cryptoquip Clue: S equals H

THE BLOTTER ARREST REPORTS

Tuesday, Aug. 28

Charles Burton Pronold, of the 700 block of Tuttle Street, was booked for driving with a canceled, suspended or revoked license and habitual violation. Bond was set at \$4,500.

Tacy Mae Moniere, of the 5400 block of Kaw Road, was booked for probation violation. Bond was set at \$2,000.

Randy Ray Trent Sr., of the 400 block of Pierre Street, was booked for failure to appear. Bond was set at \$50.

Brent Jeffery Dumler, of Salina, was booked for failure to appear. Bond was set

Juan Jesus Rodriguez

Chavez, of Denver, was booked for no driver's license. Bond was set at \$500.

Wednesday, Aug. 29

Juan Basurto Fermin, of the 2500 block of Farm Bureau Road, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$750.

Ulber Rodas Montejo, of the 1700 block of Fair Lane, was booked for driving under the influence and no driver's license. Bond was set at \$1,500.

Cherita Andre Thomas McElveen, of Fort Riley, was booked for failure to appear. Bond was set at

Compiled by Katie Goerl

college life



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Kirsten @TheKjosenOne 1h

Ever been so engrossed in the chalkings on the sidewalk that you forget to turn? @KStateProblems #TheFourum

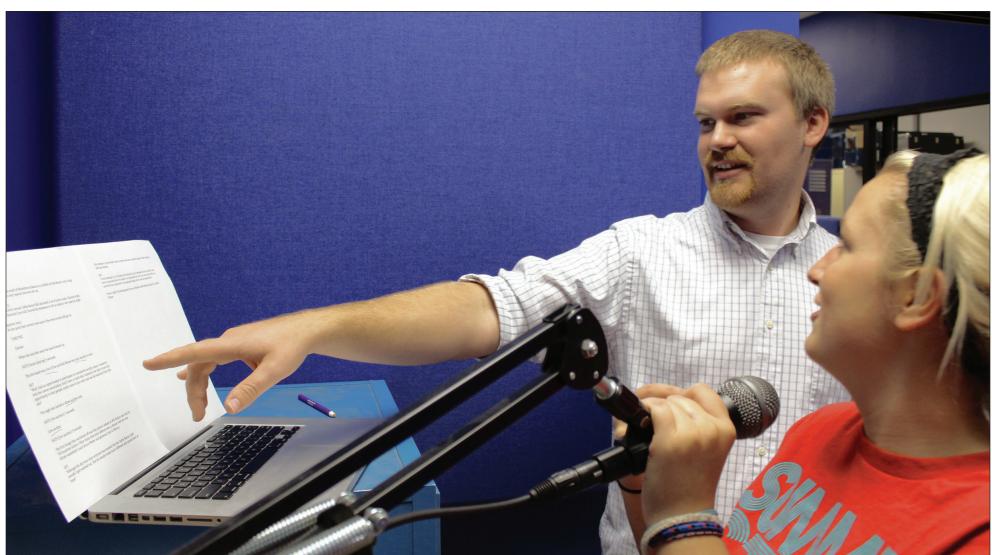
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one does not simply walk up the stairs of Anderson Hall quietly
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Hashtag your thoughts with #thefourum.

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Graduate school carries financial, employability risks



Shelby Danielsen | Collegian

Aaron Engelman, graduate student in journalism and mass communications, works with Blair Konczal, junior in journalism and mass communications, on recording her voice for a news package in Dole

Shelby Danielsen

Aaron Engelman, graduate student in journalism and mass communications, made two big financial decisions when he finished his undergraduate degree in 2011. First, he decided to get married, and his second major decision was to go back to school.

Students thinking about attending graduate school usually make their choice after considering a number of factors. Is it a requisite for your future career? Is it affordable? Is it just for the convenience? Or to escape the present job market?

Engelman said he knew that his decision, although an expensive one, was the right path for him and necessary for his career.

"If you had asked me before the fall of my senior year if I ever wanted to go back to school again, I would have told you that you were crazy," Engelman said. "But all things considered, that was ultimately what I wanted to do and I enjoy it."

Engelman said he decided to go to graduate school for the qualifications as he knew his career goal was to become an instructor and eventually teach at the university level. "If your goal is eventually

to get a master's degree and you know that now, and that makes sense for you, then go for it," Engelman said. "However, the downside to getting a master's degree right after your undergraduate degree, without any experience, is that when you enter the job market you might end up being overqualified academically without having any experience."

Getting real world experience is crucial, Engelman said. Having a degree and having hands-on experience go hand in hand.

"Basically, as you are coming out of school as an undergraduate, you expect an entry level job, and when you come out with a master's degree you expect a little more than that, but when your education doesn't match

up with your experience it's hard to place you," Engelman said. "That's not an applicable situation to me because I am getting a fair amount of experience in school. It just depends on your grad program."

Each master's program is different. Some degrees emphasize research and some emphasize hands-on experience in the classroom or in the field, so students hoping to use their master's degree in a particular job market would be wise to research their choice of graduate program.

Engelman strongly advised students not to turn to a master's degree if they could not find a job.

"Going back to school just because you cannot find anything better to do is not only a waste of your time, but a waste of your money," Engelman said. "You should make sure it is an absolute must, because it is an extra two or three years of your life devoted to studying, building up more student loans and living without a steady income."

Megan Moore, a K-State

alumna who graduated last year, has firsthand experience in dealing with the tough economy. After graduating, Moore concluded that the job market is just as everyone expected: more work for lower

After debating whether or not to go back to school, Moore decided that the best financial decision was to focus on paying off her current student loans before adding more to the pile.

"It's all about experience," Moore said. "In this economy it's important to have a job in your field before you graduate, whether it's just an internship or an entry level job. I wish that I had more experience working in a laboratory setting before I graduated. So maybe in a year I will consider going back to school, but as of right now, I think experience in the field is more important."

Larry Moeder, director of admissions and director of student financial assistance, says that, from a financial standpoint, students must evaluate the earning potential with a master's degree and the investment cost of going back to school.

"Seventy percent of students receive financial aid," Moeder said. "And the average graduate student leaves K-State with a total debt of \$36,292 in student loans, including undergraduate debt and expenses."

Moeder also said that students should be aware of the changes that Congress has made to financial aid.

Prior to July 1, students could get up to \$8,500 in subsidized student loans. However, as of July 1, the changes allow students to receive \$20,500 in unsubsidized loans for the academic year, which will increase at a fixed interest rate of 6.8 percent, continuing to accumulate on the loans while the student is in school.

"An undergraduate degree is a necessity, but a graduate program may not be a necessity, so more of the burden of paying is on the student," Moeder said. "That is Congress' logic."

Graduate students can also get assistance in the form of a federal Direct PLUS Loan if they are able to pass through a credit check. The PLUS loan is additional assistance but can have an interest rate on that loan is 7.9 percent.

There are other ways to receive financial assistance, including grants. There are also assistantships available with varying benefits for many departments, and some employers will help fund getting graduate degree.



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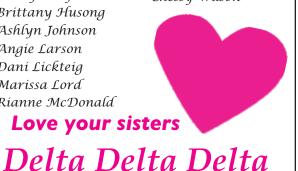
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K-State doctoral students receive funding for research

Five doctoral students receive scholarships on research related to health industry

Sid Arguello staff writer

Years of work have finally paid off for five graduate students, as they have all been awarded the K-State Research Foundation scholarships for doctoral research in the fields of industry and human and animal health.

Recipients include graduate students Sivasai Balivada in anatomy and physiology, Evan Hurley in chemistry, Qian Wang in anatomy and physiology, Steven Klankowski in chemistry, and Yanjie Bai in grain science and industry.

Hurley has been working on research to better understand the interaction of molecules and how they commu-

"Molecules are inherently selfish; they only like to be around molecules they are attracted to," Hurley said.

Hurley's projects are built on and extend past projects concerning the pharmaceutical industry.

"We try to understand a pharmaceutical drug and how it can communicate with something else, but in a separate project there might be an agrochemical compound and we want to see how the molecule will communicate with other molecules," Hurley said. "Its purpose is to make new solid forms that have better properties that will save farmers money, pharmaceutical companies money and it's going to improve how drugs interact in the body."

Hurley explained that the scholarship helps buy supplies

necessary for the research.

All recipients are given a \$15,000 stipend and also receive aid in tuition reimbursement, allowing the to students focus on their research rather the properties of a certain drug, there is always room for improvement," Hurley said.

Balivada is working on research about magnetic nanoparticle-loaded cells

"These research projects never really have a complete end, even if one can improve the properties of a certain drug, there is always room for improvement."

Evan Patrick Hurley doctoral graduate student in chemistry

than worry about find a job outside of their work at K-

Hurley will complete his doctoral dissertation in May, but that does not necessarily mean the end of the project.

"These research projects never really have a complete end; even if one can improve that can find tumors that are spreading, which are relatively difficult to target through current therapeutic agents. Balivada's search concentrates on utilizing "temperature-based" treatment to destroy the

Wang's research focuses on the carrying and control of salt through protein channels in the human mammary gland cells. Wang has uncovered a toxin, which heightens how sodium is absorbed and is retained in the mammary cells through the outer membrane. Her findings have the potential to help the health of mammary glands and other tissues affected by salt transport.

Klankowski is in his third year of graduate study, and is researching energy storage, specifically in lithium-ion technology.

"Looking at your cell phone battery, I look to see if there could be improvement on the materials to enhance the capacity of the battery life," Klankowski said.

He has been working on developing his project since 2010, with an external collaborator. They have applied for a patent, which is currently pending

"We have this material and

we are characterizing how well it works as a battery of an electrode," Klankowski said.

Bai is developing new technology that may help reduce the complex process of creating a modified starch used as an emulsifier. The new technology used to prepare the starch will help reduce the cost of preparation.

"KSÜRF is a great reorganization of my research. I feel very honored to be selected as one of the recipients. The fellowship is an important financial support and encourages me to complete my last year research of Ph.D.," Bai said. "I'm also planning to use the fund to attend a conference and share my research results with academic and industrial colleagues."

The research of these students is a part of K-State's initiative to become a top 50 public research university by 2025

Professor leaves K-State for prestigious position

Manufacturing researcher to fill program director role at National Science Foundation

Nicolas Wahl

A K-State professor packed his bags recently for a long move and a position in the nation's capital.

Zhijian "ZJ" Pei, professor of industrial and manufacturing systems engineering, has accepted a prestigious position with the National Science Foundation, in Washington, D.C., after working at K-State since 2000

Pei, who has secured several research grants, both from the NSF and from industrial sources, will now shift his attention to the allocation side of this process as a program director within the foundation

"It's an honor to be selected for this position," said Pei, who was unavailable for comment, in an Aug. 15 press release. "I'm excited to have the opportunity to learn from this experience and hope to have a bigger impact on the advanced manufacturing research community."

As head of the Manufacturing Machines and Equipment program, Pei's responsibilities will include evaluating and recommending funds to proposals.

"What the program director does then is, when these proposals come in, is they pull together a panel of successful researchers and they come in and review the proposals, evaluate them and decide which ones are worthy of funding," said Brad Kramer, professor and department head of industrial and manufacturing systems engineering. "The program director recruits the panelists, facilitates the process and then they get this information back and either approve or deny the

Pei, like most program directors with the NSF, is set to fulfill a two-year rotating stint with the foundation. According to Kramer, the idea is that by bringing in a number

of short-term program directors, the foundation will constantly receive a rejuvenation of ideas and fresh thoughts

"It's an honor to be selected for this position. I'm excited to have the opportunity to learn from this experience and hope to have a bigger impact on the advanced manufacturing research community."

Zhijian Pei professor of industrial and manufacturing systems engineering

that a primarily static board of directors would be unlikely

This setup is not only ben-

Zhijian Pei

eficial to the foundation, it is also an opportunity for researchers and educators like Pei to broaden their own horizons by collaborating with others, creating connections and gaining a better understanding of the changing demands of a resurgent U.S. manufacturing industry.

"One of the reasons I was interested in the NSF position is the opportunity to gain a broader perspective of advanced manufacturing research, including trends and nationwide topics," Pei said in the press release.

Pei's role with the NSF is likely to prove valuable to K-State as well.

"We were all excited when he got the position, because it is nothing but positive for him, and for the department and for K-State," Kramer said.

A tireless researcher and a selfless proponent for the advancement of his field – the latter evidenced by his organization of a workshop aimed toward aiding others in writing NSF CAREER award proposals, an honor Pei himself has received – Pei looks forward to bringing back the knowledge gained with the NSF back to K-State.

"That's the type of researcher that ZJ is, he's always giving back," Kramer said. "It's very exciting. He's going there as an outstanding collaborator, and he will be making connections with people throughout different agencies related to the manufacturing area. He'll be able to bring those new contacts back here and develop new relationships and collaborations."

Pengfei "Patrick" Zhang, university research assistant and former graduate student under Pei, from Rongcheng, China, who has worked closely with him in the past, was even more specific in his hopes for the dividends of Pei's program director posi-

Zhang, who echoed Kramer's statements about Pei's excellent research record and selfless, helpful demeanor said that he was most excited about the potential connections and new thought process that Pei could develop in the field of bio-fuel technology, an area where the two have recently focused their

efforts.

"Professor Pei really has some brilliant ideas involving research," Zhang said. "Our background has been in manufacturing, but recently our focus has changed to bio-fuel technology, which is a very hot topic. My hope is that he can use his great skills to advance our understanding of that science and keep us here at K-State on the frontier of this emerging technology."

Zhang continued, saying he is also hopeful that with Pei's new connections and knowledge of the field, perhaps more outside sources will be interested in collaborating with bio-fuel researchers at K-State.

Though required to absolve any conflicts of interest before taking the position with the NSF, which led to his relocation to Washington, D.C., Pei plans on making routine visits back to Manhattan to visit family and check in on several graduate students who, up until now, had been learning under his tutelage. The NSF provides travel provisions for such excursions.

Winding down

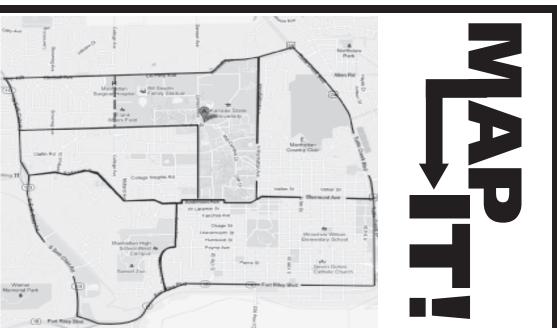


Jordan Wegele | Collegian

A group of students relax and play "15-ball" at the pool tables in the Union Recreation Room on Wednesday afternoon. The Recreation Room has a full bowling ally, several pool tables, a foosball table, and a Subway shop to help students wind down and have fun.







Celiac disease becoming more common in U.S.

Jena Sauber

Before biting into a piece of supreme pizza, chocolate cake or a double cheeseburger, consider what it would feel like to not be able to eat them - or anything else made with wheat, barley or rye. According to the Celiac Disease Foundation, this is life for the 1 in 133 people affected by celiac disease, an autoimmune digestive disease that prevents the body from properly digesting gluten.

"I can still have things like bread, cake and donuts, but I have to make them differently, with other products. I have learned to Google a restaurant before I go out and look at their menu. There are lots of restaurants that are proactive and have gluten-free menu items, but not all do."

> Claudia Leeds administrative specialist, **Department of Marketing**

Celiac disease is also known as gluten intolerance or a gluten allergy. According to the National Foundation for Celiac Awareness, celiac disease essentially causes the body to attack itself every time gluten is eaten. Over time, it can cause permanent damage to the intestines.

Gluten is a protein found in wheat, barley and rye; it can be found in bread, cookies, pasta and many other products. In addition, some brands of lotions, lip balm, makeup, shampoo and medicine may also contain gluten.

According to the Celiac Disease Foundation, symptoms of celiac disease vary, but can include bloating, fatigue, joint pain, skin rashes, delayed growth, headaches and diarrhea. However, people can exhibit no symptoms and still be affected by the disease. There is no known cure for the inherited, lifelong disease; however, a glutenfree diet can greatly reduce dis-

While avoiding all products that contain gluten can be difficult, the protein is not necessary for human health, said Sara Rosenkranz, assistant professor of human nutri-

"It's not essential, but there are certain health benefits to consuming wheat, rye and barley," Rosenkranz said. "Whole grains have lots of benefits, and it's more difficult when you can't consume gluten."

There are alternative options available. Many grocery stories, including People's Grocery on Fort



photo courtesy of Wikimedia Commons

People with celiac disease, a condition that prohibits the body from breaking down gluten, have difficulties eating foods such as breads or pastas. Gluten-free bread and pasta are increasingly easy to find on grocery store shelves, but they tend to be more expensive.

Riley Boulevard, carry a variety of gluten-free foods, including flour and baking mixes, cookies, crackers, cheese, chips and deli sand-

"We have pretty much anything you could think of in gluten-free," said Jenn Green, assistant man-ager of People's. "Within the last few months, we've seen a large increase in sales of gluten-free prod-

ucts. There is better education." Hy-Vee also offers a variety of gluten-free products. Overall, these products are typically more expensive than their gluten-containing alternatives, said Karen Hanson, dietitian at Hy-Vee.

Wheat stands on its own in a recipe, but gluten-free flours require you to combine different grains to get a different property. You might have a blend of three or four types of flour in each product. All that can make a product more expensive." Hanson said.

At Hy-Vee, a loaf of regular bread costs an average of \$2.50, while a loaf of gluten-free bread costs an average of \$5.50, Hanson said.

The store also offers free monthly meetings for people following a gluten-free diet.

"We have a different topic every month. We talk about recipes and taste new products," Hanson said. "Some people are newly diagnosed and some have had it for 10 to 15 years. It's good for them to be able to share with each other."

For K-State students with a meal plan through the Department of Housing and Dining Services, staff dietitians work to ensure access to gluten-free options.

'We work directly with the individual students, and we have dietitians on staff at each dinning center that work directly with students," said Mary Molt, assistant director of Housing and Dining Services. "A lot of times, we are just making sure that, say, the chicken breasts don't have any solution with gluten in them. We also have a computer recipe system that we can pull recipes for students to look at.

Each dining center is also equipped with special appliances to ensure students can remain gluten-free.

"We purchase foods that are gluten-free and keep them in a place that we work out with the students. They are kept away from other gluten foods," Molt said. "We also have dedicated toasters so there aren't any people putting wheat products in a toaster and having cross contamination."

People can experience different levels of gluten sensitivity. Gluten sensitivity symptoms are similar to celiac disease, but there is no intestinal damage. According to the University of Maryland School of Medicine's Center for Celiac Research, approximately 18 million people in the United States have a

gluten sensitivity.
"There are a lot of people who aren't true celiacs, but that suffer from gluten sensitivity," Hanson said. They can also experience relief by following a gluten-free diet. I would recommend they look into it as a source of relief."

Claudia Leeds, administrative specialist in the department of marketing, has chosen a glutenfree diet since last October after developing what she believes is a gluten sensitivity. While Leeds was never formally diagnosed with celiac disease or gluten intolerance, she found that a gluten-free diet alleviated her symptoms.

"I did lots of research on the Internet. I also had a good friend who had a gluten-free diet, and I turned to her for advice and support," Leeds said. "I went off gluten products, and in order to be tested, I had to eat gluten products for several weeks. I wasn't willing to go back

on gluten just for a test." Leeds said following this diet takes extra planning and prepara-

"I can still have things like bread, cake and donuts, but I have to make them differently, with other prod-ucts," Leeds said. "I have learned to Google a restaurant before I go out and look at their menu. There are lots of restaurants that are proactive and have gluten-free menu items, but not all do."

While people like Leeds can benefit from a gluten-free diet, there is little evidence that suggests it is beneficial for those without sensitivities, and it should not used as a weight loss method, Rosenkranz said.

"For some people, it might work because it limits certain foods that they might have eat a lot of, like cookies. When they restricted themselves from those, it reduced their overall calorie content. Rosenkranz said. "But just restricting gluten is not an effective weight loss method."

To speak to a registered dietician or make an appointment at Lafene Heath Center, students can call 785-532-6544. More information on celiac disease can be found at celiac.org.

Yoga surprisingly good exercise, easy for beginners



I get distracted easily during a workout. Cardio is especially painful for my attention span. I start out strong, but usually start looking around after spending five minutes on the elliptical.

I'm not one of those crazy multi-taskers who can read while working out or do homework. In fact, my iPod barely distracts me from the constant physical exertion of a workout. But I finally gained the motivation to try one of the many free group fitness classes that are offered at the Peters Recreation Complex.

The first class I opted to try was the Rise and Shine Yoga class offered at the Rec on Wednesdays at 6:30 a.m. Taking these classes by myself has always been a worry of mine, since I could never find anyone to drag with me, but by some miracle I convinced a friend of mine to wake up at 6 a.m. to test our flexibility and balance (I failed both tests).

I am not a morning person, not even a little. I really didn't expect many people to be in attendance, especially since this was quite literally the first group class of the semester. There were actually quite a few people there, at least 10.

Yoga has always interested me, but aside from shakily attempting it at home by myself, I have little experience. While I had a vague idea of what this workout would be like, I really didn't expect much of a "workout."

I was wrong. I wouldn't compare voga to running on a treadmill or pumping iron in the weight room, but I definitely felt the burn. Perhaps it's

my general lack of athleticism, but yoga was not nearly as easy as I expected it to be. The poses definitely tested my balance and my comfort, both physi-

cally and mentally. I didn't feel that my lack of knowledge impeded me in the class, since it is targeted toward people of all yoga levels. At the end I felt I had a basic knowledge and even knew a few of the pose names. "Downward facing dog" was a common yoga pose in the

I'd have to say that the pose that definitely tested my comfort levels was "happy baby." In this pose, participants lie on their back, grab their big toes, and with knees bent and legs spread wide, rock from side to side. This pose tested my mental comfort, because while it's called "happy baby," I felt more like a woman giving birth or visiting a gynecologist. Neither situation is one I expect to experience in a room full of onlookers.

While the class was generally relaxing, I didn't really feel comfortable with the location of it. The small gym was shared with basketball players, joggers and other people working out. The constant dribble of the basketball drowned out the instructor's voice much of the

Another reason I have difficulty making it to the gym is my irrational fear of people watching me work out. I know, its crazy that I don't want people watching me rock on my back from side to side while spreading my legs in the air, but I just don't.

Overall, I enjoyed my experience. The class made it easy for me to come to the Rec without having a plan for my workout and kept my attention for the full 45 minutes. And even though I'm a begin-



Two-minute drill

Nicolas Wahl

Philadelphia Eagles quarterback Michael Vick, who has been injured often recently, will be sporting a new flak jacket when he takes the field for the team's Sept. 9 season opener against the Cleveland Browns.

Rob Vito, CEO of Unequal Technologies, has guaranteed that the Kevlar jacket will prevent any injuries to Vick's tender rib cage.

"I'm just trying something different, that's all I can tell you," Vick told the Philadelphia Daily News. "It's Kevlar. I'm looking forward to it. It's going to be custom-fitted and fitted to protect all across my sternum, across my ribs. I think it'll be a better fit."

NFL

Stagnant collective bargaining talks between the NFL and the NFL Referees Association have resulted in the league to opt for replacement officials to begin the 2012 regular season next week.

The league has not made clear where the replacements will come from, but this isn't the first time that replacement officials have been used. There is no definite timetable on the return of the regular NFL referees and the replacements are expected to remain in place until an agreement between the league and the Referees Association can be reached.

NCAAF

Potential host sites will begin putting their names in the proverbial hat this fall to host semi-final and championship games in future BCS playoffs.

BCS executive director Bill Hancock told ESPN that he expects commissioners to have selected 24 semifinalists and the first few sites for championship games by spring of 2013.

The playoffs are set to begin at the conclusion of the 2014 season and run through the 2025 season. Current BCS bowl destinations as well as Dallas, which hosts the Cotton Bowl, are the early favorites to rotate as semifinal

NASCAR

Tony Stewart, who slammed his helmet onto the hood of Matt Kenseth's car after a midrace wreck involving the two drivers in Bristol on Saturday, seems to have cooled off since the in-

Stewart, who told reporters that he would look for any opportunity to bump Kenseth back throughout this season, recanted those statements on Tuesday, saving that he wouldn't go out of his way to smack any driver in particular.

That said, Stewart said that he still believes that the wreck, initiated by Kenseth, was a direct retaliation from similar instances between the two on earlier occasions at Sonoma and Indianapolis.

Unlike other

schools, we want to read about our football team.

Kaitlynn Pelger: maturity, chemistry key

Mark Kern

After last weekend's tough win over Oregon State in the championship and the Varney's Invitational, the Wildcat volleyball team will hit the road to play in the Blue Jay Invitational in Omaha, Neb. Kaitlynn Pelger, junior hitter, played a pivotal role in last week's win. The All-American candidate sat down with the Collegian on Wednesday.

Coach Suzie Fritz said both talent and competitiveness make you the player you are. Is this something you were taught growing up, or is it something that just comes

A: "I have always had it. Growing up, I have played all the sports and basketball. My whole family is very competitive and love sports. My parents have driven me to be athletic, but I think that I was born with it."

You were a very good soccer player in high school. What made you decide to come play volleyball at K-State?

A: "I had my options with soccer, and I absolutely love to play it. I like to play any sport, but volleyball was something that I was very driven to. I started playing a little later than a lot of people, but I clicked with it. I went on a few visits, and my last stop was K-State, and I made the right

Last year, the team lost in the Varney's Invitational to a tough team in BYU, but this year, against Oregon State, the Wildcats were able to get the victory. What does that say of the maturity and growth of the team from last year?

A: "We are all a year older. We have great leadership from everyone, from our captains all the way down to our freshmen. We have great chemistry, and we won eight matches in the fifth set last year. We are used to it and we like to play tough teams. We will not sit back and let other teams think they can roll on us."

In the fourth set against Oregon State, the team really needed a big play, and you had three straight kills to turn the momentum in the match. What is your mindset when you see your team needs something good to happen?

"I definitely have the mindset that I need to kill the ball. Caitlyn Donahue and I have a great relationship, and I know when it's game time, I am going to get a good set and it's up to me to

The team travels to Omaha to participate in the Bluejay Invitational on Friday and Saturday. Can you talk about the teams there and what you need to do to keep up

"We do not know a lot on the teams there, but we are focused on ourselves. We have been focusing on defense this past week, so we are going to go in there and play some good defense."

The pregame music had "Call Me Maybe" playing as a warm up song. Is that your choosing, and does that really get you pumped

"It is not my choice. It is probably Tristan McCarty's choice. It definitely pumps me up, though; fun music is always good to get ready to."



Junior middle blocker Kaitlynn Pelger digs out a ball against Georgia Southern on Sept. 2, 2011, as the two teams square off in Ahearn Field House. Last season in a total of 11 matches, Pelger made more than 20 kills per match.

Sound off: football, finances & the Dodgers

Nicholas Wahl staff writer Mike Stanton staff writer **Spencer Low**

NICHOLAS:

staff writer

The child sex abuse scandal at Penn State was the most egregious sports related scandal of our time. The acts of Jerry Sandusky were that of a monster. The actions, or lack of actions. by late Penn State football

despicable.

But even in the wake of such tragedy, silver linings abound for a university and a community that saw, firsthand, their program fall from the highest of highs to the lowest of unimaginable lows. These are people who believed in the good things about Penn State and their football program. people who watched something they love crumble before their

nity to become the redemptive story of college football. It is these folks who have already banded together in

the face of harsh sanctions and ill reputation to try and show that Penn State and its football program really

are about the values that for the longest time everyone

SOUNDOFF | pg. 7

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SOUNDOFF | K-State should pay student athletes

Continued from page 6

else also believed to be true. We all know that ESPN and other media giants love to have their darlings. The new era of Penn State football is in a prime position to become the next.

Paterno decided that the unspeakable actions of Sandusky weren't enough to risk the reputation and viability of the Penn State football program, so he covered

It is up to the true sons and daughters of Happy Valley to prove that he didn't need to.

College athletics is an incredibly valuable industry. Everyone seems to profit off college sports, from university presidents to NCAA officials to the guy who wins the March Madness office

Everyone, that is, besides the players. Why is it that the people who fuel the revenue are the only ones who don't get a share?

Sure, athletes get scholarships, which can be worth tens of thousands of dollars, but this

isn't enough. Between practices, workouts, games, travel, classes and homework, players hardly even have time left over to sleep, let alone punch the clock at a fast food place like any other broke college kid.

It's ridiculous to claim that there isn't enough money to pay players. The school gets a sizable chunk of every sale of tickets, jerseys and concessions.

According to USA Today, K-State brings in a cool \$70 million from its entire athletics program, which is more than many schools but ranks behind five universities in the Big 12 Conference alone. For perspective, Texas, the highest earner in the country, pulls in \$150 million.

Paying athletes the federal minimum wage, on top of any scholarships, would be a good start. The K-State Athletics Compliance Office estimates there are about 450 student athletes at K-State. To pay all of these student athletes minimum wage for roughly 30 hours per week of work would cost the program around \$5 million a year, a drop in the bucket compared to the amount the program

It is past time for the NCAA to allow programs to pay their players. Without the athletes, there would be no revenue. I don't know many people who buy jerseys with NCAA president Mark Emmert's name on the back, or pack stadiums to watch university administrators play basketball.

Student athletes pour out blood, sweat and tears for their programs; it's time they got something in

SPENCER:

The new ownership of the Los Angeles Dodgers has apparently decided to use the new rules of the MLB's luxury tax as toilet paper this season, aquiring four players who all carry hefty contracts.

The Dodgers' spending spree began at the end of July with the acquisition of Hanley Ramirez from the Miami Marlins. Ramirez has been underachieving and is owed \$38.5 million over the next three years. They followed up this trade with the blockbuster deal of the summer, taking Adrian Gonzalez, Josh Beckett, Carl Crawford and Nick Punto off the Red Sox's hands and checkbooks.

Gonzalez, the only player of the three having a good season, is making \$127 million to man first base for the next six years. Beckett has pitched terribly this season and will command \$31.5 million from the pockets of the Dodgers. Add on five years of Carl Crawford in the outfield for a measly \$102.5 million and the amount of money starts to look ludicrous.

Making this summer even more absurd for Los Angeles is Andre Ethier's \$85 million extension signed in June and \$44.2 million spent on Cuban defector Yasiel Puig. At the beginning of this season, the Dodger's payroll was right around \$100 million for 32 players, but the outlook for 2013 looks larger, as Sports Illustrated states that almost \$150 million will be committed to just 10 players

I guess no one in the Dodgers front office has read Moneyball.

Mark Kern is a senior in pre-journalism and mass communications, John Zetmeir is a sophomore in pre-journalism and mass communications and Sean Frve is a junior in mass communications. Please send comments to sports@ kstatecollegian.com.

TEAM | Exercise key in development

Continued from page 1

achieve the most that your team is capable of achieving," said Kelly Moylan, assistant coach for the K-State women's basketball team. "You learn not to be selfish; rather you learn the importance of giving, helping and encouraging others."

When playing a sport individually, it can be hard to judge how good an opponent may be. The only people who may be able to help push the athlete is the coach, family members and sometimes friends.

It is often believed the most important time in a child's life to be involved in physical activity, through team sports, is when they are entering middle school or high school. Being physically fit younger in life can help a teen carry these qualities on later in life, because it will become more of a habit than a job.

It is important to be physically active not only for health reasons but also for mental reasons, said Patrick Akard, professor at sociology.

"Playing on a team helps kids be mentally stable and to help kids perform in school and in life in general," Akard said.

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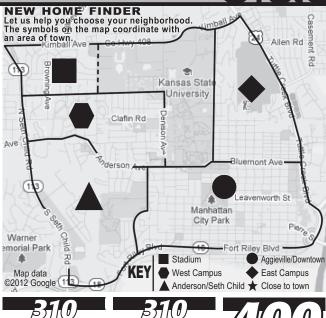
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Dreaming of Spain



Jed Barker | Collegian Beth Reichenberger, sophomore in political science, visits the University Study Abroad Consortium booth in the K-State Student Union Ballroom to inquire about a program to Spain at the Study Abroad Fair on Wednesday.

Have something to say? We want to hear it.
Send in a Letter to the Editor to make your voice heard.

DONUTS | Truck to stay open to 3 am

Continued from page 1

The new window will be paid for by the business. Insurance companies typically do not cover plate glass windows that line the sidewalks in Aggieville.

Hyman said she was not surprised when she first heard the news of the window breaking. She said another co-owner, Diane Meredith, who has either owned or co-owned an Aggieville business for 25 years, has seen this kind of incident happen on at least 12 different occasions.

Varsity Donuts posted on Facebook about the incident, and Hyman said she was very pleased with the feedback and support they have received.

"The community has been really great and concerned," Hyman said.

The donut shop has made their donuts in a food truck located in the back parking lot of their building since they first opened.

Recently, they have built a patio area surrounding the food truck, creating an outdoor hangout for people who want to stop by and grab a hot, fresh donut between the hours of midnight to 3 a.m. on Thursday, Friday and Saturday.

"I'm very stoked about it," Dalrymple said. "Especially the whole porch around our van."

The main building will still

close at the usual time of 10 p.m., but Aggieville patrons can walk around back and enjoy what Hyman referred to en "danute and fun"

as "donuts and fun."
"It will be a little party back here," Hyman said.

Jermaine Dillon, manager of Varsity Donuts and K-State alum, said the donuts will not be decorated as much as those sold in the shop and it will be a "simplified menu." She did say, however, that once people experience their freshly made donuts, customers will not be able to resist.

Varsity Donuts hopes to have movies playing on a projector and games for people to play while they eat their donuts in the near future. For now, they will be selling donuts and donut holes with the occasional free giveaways.

"We really want it to be a fun place to come hang out and eat some amazing donuts," Dillion said.



